



Travel Medicine Information for Countries in Western Europe

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Travel Medicine Vaccine and Immunization Information for Countries in Western Europe

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| | <p>Finland France Germany Gibraltar Greece Greenland Holy See Iceland Ireland Italy Liechtenstein Luxembourg Madeira Malta Monaco Netherlands Norway Portugal San Marino Spain Sweden Switzerland United Kingdom</p> |
| <p>Countries include: Andorra Austria Azores Belgium Denmark Faroe Island</p> | |

Recommended Vaccinations and Preventive Medications:

- Hepatitis A or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were

- contaminated during harvesting or subsequent handling. You are not at increased risk in Northern, Western, and Southern Europe, including the Mediterranean regions of Italy and Greece.
- Hepatitis B, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.
 - As needed, booster doses for Tetanus-Diphtheria.
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Diseases found in Western Europe (risk can vary by country and region within a country; quality of in-country surveillance also varies).

The preventive measures you need to take while traveling in Western Europe depend on the areas you visit and the length of time you stay. For most areas of this region, you should observe health precautions similar to those that would apply while traveling in the United States.

Malaria: There is no risk for Malaria Western Europe.

Yellow Fever:

There is no risk for Yellow Fever in Western Europe. A certificate of Yellow Fever vaccination may be required for entry into certain of these countries if you are coming from countries in South America or sub-Saharan Africa.

Food and Waterborne Diseases:

Make sure your food and drinking water are safe. Food and waterborne diseases are the primary cause of illness in travelers. Travelers' Diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout Western Europe and can contaminate food or water.

Variant Creutzfeldt-Jacob (in animals bovine spongiform Encephalopathy/mad-cow disease) cases have been reported primarily from the United Kingdom, though a small number of cases have been reported from other countries. Large outbreaks of Trichinosis have occurred; outbreaks in France have been linked to horsemeat.

Other Disease Risks - Western Europe:

In 2004-2005 there has been a marked increase in reported cases of Mumps in the United Kingdom. Tick-borne Encephalitis, a viral infection of the central nervous system, occurs in Austria, Germany, Finland, Sweden, Switzerland, Denmark (only on the island of Bornholm); a few cases have also been reported from Italy, Norway, and France. Travelers are at risk who visit or work in forested areas during the

summer months and who consume unpasteurized dairy products. The vaccine for this disease is not available in the United States at this time. To prevent Tick-borne Encephalitis, as well as Lyme disease, travelers should take precautions to prevent tick bites.

Leishmaniasis (cutaneous and visceral) is found in countries bordering the Mediterranean, with the highest number of cases from Spain, where it is an important opportunistic infection in HIV-infected persons.

Legionnaires Disease, caused by the Legionella bacterium, is sporadic; some outbreaks have involved tourists at resort hotels.



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